

LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER
8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901
301-431-5708 [HTTP://MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC)



January 2007

Staff: Lola Skolnik, Director, Levora President, Martha Amorin, Mariette Ward, Barbara Dodson



Musical Cabaret with Lynn McCune, Wednesday, January 10, 11:00 am

Ms. McCune, sponsored by National Theatre Outreach, performs songs from the 20's, 30's, 40's and early 50's in the style of Patti Page, Billie Holliday, Patsy Cline and Marilyn Monroe. Bedecked in a dazzling evening gown, she'll enchant you with her lively singing style and rich vocal sound, transporting you back to a grand world of big bands and beautiful ballrooms.

Long Branch Senior Citizen Advisory Committee Elections and General Meeting

Would you like to become a part of the decision making process at Long Branch Senior Center? The Long Branch Senior Citizens' Advisory Committee will hold elections after our general meeting January 30th. Please consider running for a seat on our advisory committee to serve a two year term. Meetings are held once a month on the first Thursday of the month.

Nominations for the Advisory Committee must be posted no later than January 16, 2007. Elections will be held January 30th following a General Membership Meeting of Long Branch Seniors. Please plan to attend the membership meeting and share your opinions. Voting will continue through Friday, February 2nd. Please notify a staff member if you are interested in being placed on the election ballot.

New Class Sessions Start with the New Year

Brainworks is a new activity for mental stimulation, a real brain workout. Other classes starting or continuing this month are: People with Arthritis Can Exercise (PACE), Computer, Ceramics, Acrylic Painting, Citizenship, Spanish, English, and Vision. See *Classes and Programs* section of this newsletter for dates and times.

How to Know If the Center Is Open When the Weather is Bad

Please listen to your radio or television for possible school closings or delays. If in doubt, please call the Center before leaving home, 301-431-5708.

If Montgomery County schools are closed due to weather, all Senior classes and programs, including lunch and transportation will be cancelled.

If Montgomery County schools have a delayed opening, the Senior Program will operate on a normal schedule, buses will pick up at the regular time and lunch will be served.

January Highlights

Speakers, Entertainers and Special Events

Monday, January 1

Closed for New Year's Day. Happy New Year!

Tuesday, January 2, 11:00 am **Brainworks**

Start the new year off with stimulating mental exercises to keep your mind alert.

Wednesday, January 3, 11:00 am **Haiku**

Explore traditional Japanese haiku (three line poems) with Julia Burger of Arts for the Aging.

Thursday, January 4, 11:00 am **Santé Discussion Group**

Join Astrid Humanez from Affiliated Santé in a conversation about life's issues and solutions.

11:00 am **Basic Drawing Skills**

Learn to draw the first Thursday of the month with artist Maria Gonzalez from Arts for the Aging.

12:00 pm **Long Branch Advisory Committee Meeting**

Friday, January 5, 10:30 am **Pressed Flower Candles**

Using ready-made candles Donna Weeks will show you how to make a unique gift. Limited to 20 participants, \$2.00 material fee due to instructor.

Monday, January 8, 11:00 am **Games Club**

Games expert John Goon teaches the card game *Oh Heck*. Newcomers welcome.

Tuesday, January 9, 11:00 am **Benefits of Humor**

Research is proving that humor benefits your health. Come, learn, laugh and leave healthier than before. Speaker from Adventist Healthcare.

Wednesday, January 10, 11:00 am **Musical Cabaret with Lynn McCune**

Be transported in time to a grand world of big bands and beautiful ballrooms as Ms. McCune of National Theatre Outreach performs songs in the style of Patti Page, Billie Holliday, Patsy Cline.

Thursday, January 11, 11:00 am **An Inconvenient Truth**

See the film everyone is talking about featuring Al Gore. He explains global warming in understandable terms and suggests positive ways that everyone can contribute to the solutions.

1:00 pm **January Birthday Celebration**

Friday, January 12, 12:00 pm **Dance with Annetta**

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

Monday, January 15

Center closed for Martin Luther King, Jr. Day

Tuesday, January 16, 11:00 am **Transportation Options**

Sue Dollins from the Senior Connection and Abby Levin from Connect-a-Ride explain the transportation services and opportunities offered by their organizations.

Wednesday, January 17, 11:00 am **Haiku Encore**

Julia Burger from Arts for the Aging continues the topic of haiku and its seasonal themes.

Thursday, January 18, 11:00 am **Painkillers and Side Effects** (rescheduled date)

Pharmacist Abdul Khan, Holy Cross Hospital discusses what to expect when taking painkillers.

Friday, January 19, 11:00 am

Little House on the Prairie

The Ingalls family learns important life lessons, family values and strong morals in this television series about frontier life in the American West in the 19th century. Discussion follows video.

Monday, January 22, 10:30 am

New Session Ceramics Class starts

Tuesday, January 23, 11:00 am

Don't Be Fooled by Scams

Sue Rogan from Montgomery County Consumer Protection shares the latest scams and how to detect when you are being conned.

Wednesday, January 24, 11:00 am

Life is Funny

Join Levora President for a laugh filled hour of story telling about the amusing incidents of life.

Thursday, January 25, 11:00 am

Library Special Collections

Long Branch librarian Sue Unger provides information on special books and non-print collections available to the public through the Montgomery County library system.

Friday, January 26, 11:00 am

Little House on the Prairie

Follow the frontier life and adventures of the Ingalls family. Discussion follows video.

Monday, January 29, 9:30 am – 12:30 **Computer Classes New Sessions Start**

Tuesday, January 30, 11:00 am

Long Branch Seniors General Meeting and Election

Wednesday, January 31, 11:00 am

Travel the World: Turkey (video)

Acquaint yourself with Eastern traditions and culture; visit amazingly well-preserved Roman ruins; marvel at the rock formations and cliff dwellings of Cappadocia; listen to ancient Gregorian chants

Classes and Programs

Acrylic Painting for Beginners Learn to paint mini masterpieces with step by step instruction from artist Carol Clatterbuck. You do not need to know how to draw. Wednesdays, 10:30 am – 12:00 pm, \$24.00 for 8 sessions, January 24 – March 14.

Better Bones Osteoporosis Exercise Program Use hand-held weights to perform easy exercises which have been proven to reverse or prevent osteoporosis. Wednesdays and Fridays 1:00 -2:00 pm. To register or for details call Holy Cross Hospital 301-754-7149. There are copies of the permission form and doctor's consent form at the Senior Center reception desk. No fee.

Cambodian Senior Group meets at Long Branch on Sunday afternoons and Fridays from 9:30 -11:00 am for T'ai Chi. Please call Thary Chhim 410-825-6448 for further information and to confirm January dates.

Ceramics Class Instructor Carol Clatterbuck provides beautiful seasonal greenware pieces for you to glaze and demonstrates glazing and finishing techniques. Eight weeks, 1.5 hours, cost \$24, includes cost of the greenware. If you have ceramics experience, you may choose open studio, \$12 for 8 weeks, does not include cost of greenware. Mondays, 10:30 am - 12:00 pm, January 22 – March 19, (no class Feb. 19). Call 301-431-5708.

Citizenship Class Taught by Xiomara Martinez, Mondays and Wednesdays, and Clotilde Ibáñez, Mondays and Thursdays, 10:00 am, no fee.

Computer Classes Beginner, Internet and Email, and Advanced Word classes taught by Marcia Aleksiewicz, January 29 - February 14. Six, one hour classes, Mondays and Wednesdays, at 9:30 am, 10:30 am, 11:30 am, \$20. Please call 301-431-5708 for availability.

Computer Tutoring If you have taken a computer class, volunteer Edward Ingram is available to give one-on-one help to improve your computer skills, Thursdays 10:00 am – 12:00 pm. No fee.

Craft Club Bring your own creative ideas to share and learn from other artsy folks. Materials are provided Fridays, 10:30 am. No fee.

Current Issues Discuss what's going on in the world and express your opinions in this volunteer-lead discussion group facilitated by Elsie Marques. Mondays 10:00 am. Drop in. No fee.

English Classes Volunteer Harold Ames gives Intermediate English instruction Tuesdays at 11:00 am. No fee.

English Tutoring Volunteers are available by appointment for one-on-one coaching and tutoring of basic English skills. No fee.

Games Club Learn new games that are fun to play such as, *Quinto*, *Carcassonne*, *Rummikub*, Mondays at 11:00 am with instruction by expert John Goon the first Monday of the month. No fee.

Knitting and Crocheting Class Learn to knit or crochet with Clotilde Ibáñez. Informal lessons Mondays and Thursdays at 11:00 am. Yarn and needles provided for beginners. No fee.

PACE (People with Arthritis Can Exercise)

Sarah McKechnie conducts this class in Spanish, but you may take the class and follow along with the exercises even if you don't speak Spanish. Tuesdays at 10:00 am and Thursdays at 12:15 pm. Registration is required, but the class sponsored by Holy Cross Hospital is free.

Retired Senior Volunteers Program (RSVP) makes items for children to help them learn their numbers, colors and letters. For those who knit and crochet, items are made for children and infants. Come lend a hand to help a child, Thursdays at 10:00 am. No fee.

Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try. Everyone 55 years or older is welcome. Practice Thursdays, 10:15 – 11:00 am in the social hall.

Senior Fit: Flexibility and Strengthening Exercise Program

Designed especially for seniors age 55 and older, this free 45-minute exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Sponsored by Holy Cross Hospital, Kaiser Permanente and Montgomery County Department of Recreation. Permission from your health provider is required before beginning the program. For more information or to request a physician's consent form, please call 301-754-7155. Classes are on Mondays and Wednesdays, 12:00 - 12:45 pm, instructor, Patricia Smith. No fee.

Spanish Class Learn functional, conversational Spanish while you have fun. Fridays, 10:00 am – 12:00 pm with native Spanish speaking instructor, Reyna Flores. No fee.

Very Basic Spanish Tuesdays at 11:00 am, instructors Xiomara Martinez and Martha Amarin, no fee.

T'ai Chi for Seniors Come experience the gentle stretching and graceful movements and health benefits of T'ai Chi with instructor Fred Nee and Al Carey, Fridays at 9:30 – 11:00 am. No fee.

Vietnamese Senior Association meets every Tuesday, 10:00 am - 2:00 pm at Long Branch Senior Center. Senior Nutrition provides an oriental lunch for participants. (On the second Tuesday of the month all Long Branch Seniors share the oriental meal together.)

Vision Exercises

Improve your balance and peripheral vision with these simple exercises, Wednesdays at 10:00 am. If you can't get to these sessions, the equipment is available to practice on your own. No fee.

Walking Program Tuesdays and Thursdays at 12:00 noon. Everyone is welcome for indoor and outdoor walks. All fitness levels will be accommodated. No fee or registration required.

Senior Center Services

Blood Pressure Screening Suburban Hospital's nurse, Jamie Borns, will provide blood pressure screening every Tuesday.

Exercise and Weight Room Senior Pass Seniors may register to use Long Branch Community Center's exercise and weight room free of charge during Senior Center hours, Monday – Friday, 10:00 am – 2:00 pm. You will also have access to the exercise and weight room at any center that has a senior program during their senior hours at no cost. If you use the exercise room on other days or times, you will have to purchase the regular season pass.

Heart Well Suburban Hospital provides free consultation and monitoring of chronic disease management with a registered nurse at Long Branch Senior Center on Tuesday, 9:00 am – 2:30 pm. To access services you must: be over 65, have a primary care physician, have a diagnosis of cardiovascular disease, consent to allow the nurse to share health information with individual's physician, and agree to inform the nurse when you are hospitalized.

Mobile Medical Care provides primary healthcare services for patients without health insurance who are residents of Montgomery County, Wednesdays, 8:30 am - 4:00 pm. Sign in begins at 8:00 am. For more information please call MobileMed 301-493-2400.

Mobile Post Office Thursdays 11:15 am – 12:00 noon the post office comes to the center. All services are available except money orders.

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 301-468-4540 or TTY 240-777-6974.

Senior Information & Assistance Client Assistance Worker Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. If you have questions about senior programs and services, you can call her at 240-777-1062 to make an appointment. Bi-lingual Client Assistance Worker, Mariaelena Samayoa, is at the Center the first Thursday of the month, 10 am -2 pm. For an appointment call 240-777-3378. Health and Human Services Hotline 240-777-1245.

Transportation to Long Branch for Seniors Door-to-door bus transportation to the center is offered free of charge Monday-Friday within a limited area. To make arrangements please call 301-431-5708.

The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.